

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: Macaroni & Cheese

Product Code: 5750

Processor: J.T.M. Provisions, Inc.

Category: Meat and Meat Alternate

Date: 6/15/2005

Description: Macaroni and cheese premade, place in 5 lbs bags and frozen. It is a heat and serve item.

Pack Size: Six -- 5 pound bags

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to us or can be thawed/tempered in a refrigerator overnight.

Cooking: Place sealed bag in a steamer or in boiling water. Heat approximately 60 minutes or until product reaches 160 degrees. Open bag carefully to avoid being burned.

Serving Size: 8 oz

Meal Contribution: 2 meat/meat alternate and 1.75 bread alternate

Nutrition Facts			
Calories:	360.00	Protein:	20.00 grams
Total Fat:	20.00 grams	Carbohydrate:	21.00 grams
Saturated Fat:	13.00 grams	Cholesterol:	60.00 mg
Trans Fat:	grams	Calcium:	468.00 mg
Iron:	1.00 mg	Dietary Fiber:	0.00 mg
Sodium:	1,090.00 mg	Vitamin C:	1.00 mg
Vitamin A:	853.92 IU		